



FIT BUT NOT FORGOTTEN PROGRAM

The City of Reno is proud to offer our disabled veterans weekly fitness classes in our facility weight room.

Classes will cover orientation to equipment, assessment of fitness level, proper technique to develop strength, endurance and flexibility, and discuss fitness goals. Upon completion of four classes participants will be eligible for a FREE all inclusive facility membership good for one year.



CLASSES AT THE EVELYN MOUNT NORTHEAST COMMUNITY CENTER - 1301 VALLEY RD. RENO NV. 89512

Wednesday Classes
5:30 - 6:30 PM

JOIN US TODAY

Thursday Classes
10:30 - 11:30 AM

For more information:
April Wolfe
775-333-7765
wolfea@reno.gov



RECREATION
RENO PARKS, RECREATION & COMMUNITY SERVICES